



**DELAWARE
CONTRACTORS
ASSOCIATION**

DCA NEWS

DCAN 06/37

September 11, 2006

“BUILDING QUALITY OF LIFE SINCE 1934”

***Remembering
9/11...***

***“Some people
live their whole
lives, long lives,
without having
left anything
behind. My sons
will be told
their whole lives
that their
father was a
hero.”***

*—Lisa Beamer,
Wife of man believed to
have taken action
against the
hijackers.*

ROUTE TO:

THE CIVIC AFFAIRS CONSTRUCTION COUNCIL’S (CACC) ANNUAL FALL LUNCHEON

Friday, September 15, 2006 – 11:30 a.m.

Wilmington Country Club

**Featuring Carolann Wicks, Secretary
Delaware Department of Transportation**

We are very pleased that Carolann D. Wicks, Delaware’s Secretary of Transportation, will be the speaker for the Fall CACC Luncheon. Sec. Wicks was appointed DelDOT’s Secretary by Gov. Minner this past January. Prior to her appointment, she served as DelDOT’s Chief Engineer and Director of the Division of Transportation Solutions. She has worked at DelDOT for 24 years and has served in a number of capacities in addition to the two mentioned above. We hope you will be able to join us as we host this energetic and capable leader on September 15th. A flyer has been sent for the Luncheon, so please return it today to make your reservations.

CONTRACTORS FAIR AND OPERATORS RODEO

Wednesday, September 20, 2006

(Rain Date—Sept. 21)

Blue Diamond Park, New Castle, DE

4—8 P.M.



\$15.00 PER PERSON

(One child admitted free with each paying adult)

ENTRY FEE INCLUDES FOOD, RIDES, GAMES

This event is fun for all, so bring your family. You will have an opportunity to see new equipment and tabletop displays from some of DCA’s Associate Members, and also enjoy the beautiful facility at Blue Diamond Park with your family. A flyer has been sent, so please return it today to make your reservation.

MEETINGS AND EVENTS

Sept. 12

Noon

Board of Directors

DCA Boardroom

Sept. 14

2:15 p.m.

Fishing Trip

Bowers Beach

Sept. 15

11:30 a.m.

CACC Luncheon

Wilmington Country Club

Sept. 20

4:00 p.m.

Contractors Fair

Blue Diamond Park

H/R CORNER

*A weekly feature of the DCA
Human Resources Committee*

Joyce Ackerman and Phil Immediato, Co-Chairs

Small Errors in Plan Document Can Cause A Heap of Trouble

When we say that plan documents must correctly reflect the plan they describe, we're not telling you anything new. But you might be surprised at how much trouble small inaccuracies can cause.

In a recent case in North Carolina, an employee kicked up a fuss about a plan document whose pages were bound out of order. And she didn't stop until she got to a federal appeals court. The court eventually found she had no case. But by then the plan administrator was out of time and money.

The employee put in for long-term disability benefits based on a plan through her employer. The administrator denied the benefits because the condition that sidelined her was pre-existing. The employee showed the court the booklet she was given describing her short- and long-term disability benefits. For some reason, the section in her booklet defining pre-existing condition was swapped into the short-term section, where it didn't apply, and left out of the long-term section, where it did. The employee argued that because she'd relied on the booklet, in which pre-existing condition wasn't defined, she should receive the benefits.

The court said the generally accepted definition of a pre-existing condition was more stringent than the definition the plan had intended to apply. So she had lost nothing by having a defective booklet. Still, the plan administrator could have protected itself by: checking the booklets beforehand; and drafting a separate Summary Plan Description. In this case, the plan and SPD were one and the same, so there was no backup for the bad booklet. (Cite: *Wilson v. Metropolitan Life Ins Co.*, No. 05-1255, 4th Cir.)

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Delaware Contractors Association
PO Box 6520, Wilmington, DE 19804-0120
Web Site: www.e-dca.org
For more information call (302)994-7442
FAX (302)994-8185
e-mail - nhandlin@e-dca.org

CONTRACTORS FAIR SPONSORS

DCA is seeking sponsors for the Contractors Fair, for business card ads in the Program Booklet at a cost of \$125.00 which will provide you with two entry tickets to the event, or sponsorship of the Operator's Rodeo for \$100.00. Both sponsorships are available for \$200.00, and again includes two tickets to the Fair. We are also looking for Operators to take part in the Rodeo. Please consider helping out with this event by your participation and/or sponsorship. Call 302-994-7442 for further info.

DELAWARE CONTRACTORS ASSOCIATION



"10TH ANNUAL FISHING TRIP"

JP's on the Wharf

Bowers Beach, DE

Thursday, September 14, 2006- 2:30 p.m.

We have again chartered "Miss Shyanne" for what proposes to be an exciting day of fishing and fun.

Co-Chairing this event are Art Lodge of Wilmington Trust Company and Rex Gibson of Eastern States Construction Service. Lunch, beverages, snacks, rod, reel, bait and prizes are included for only \$65.00 per fisherman. Prizes will be awarded for First Fish Caught, Largest Fish Caught, and the Most Fish Caught.

"Miss Shyanne" will leave the dock PROMPTLY at 2:30 p.m., board by 2:15 p.m. We will be returning to the dock by 9:00 p.m.

The boat can accommodate a maximum of 40 persons, please make your reservations as soon as possible. A flyer has been sent, so please call 302-994-7442, fax the flyer to 302-994-8185 or e-mail Marla at mdisalvo@e-dca.org with your reservations as soon as possible. No cancellations will be accepted after 12:00 noon on Thursday, September 7, 2006.

SAFETY CORNER

*A weekly feature of the Safety, Health
and Environmental Committee,
Len Brooks, Rick DiSabatino and
Brian Phillips - Co-Chairs*

Noise Exposure Raises Risk of Heart Attack

In further testament that wearing hearing protection on construction sites is a good idea, a new study suggests that laborers may be at a higher risk of heart attack due to the noise levels they face at work.

The study of German workers and urban adults, published in the *European Heart Journal*, found that men whose jobs exposed them to high noise levels were about one-third more likely to have a heart attack than their peers in quieter workplaces. For women, however, loud noise at work did not raise the risk of heart attack.

Similarly, middle-aged adults who live near high-traffic roads were 46 percent more likely to suffer a heart attack than residents of quieter neighborhoods, but the impact was much more severe for women than men.

The study included 4,115 men and women and controlled for other factors such as smoking, obesity and family history of heart attack. Though the study showed a clear association between noise and heart attack, it does not offer an explanation for the phenomena. The researchers speculate that one reason may be the stress of chronic noise. Other studies have shown that persistent exposure to traffic noise or a noisy workplace may contribute to high blood pressure and raise the risk of heart attack. Loud noise acts as a danger signal to the body and causes hormonal reactions (including the release of adrenalin) and a sharp increase in blood pressure and heart rate. Though this stress response is normal in humans, over the long run, frequent or persistent exposure may damage the cardiovascular system.

The researchers also found that the risk of heart attack increased as the level of noise exposure increased, but only up to a certain point. Above 60 decibels, the risk remained constant. Sixty decibels is the level of noise typically found, for example, in a large busy office environment.

This observation suggests that current thresholds—usually 85 decibels, equivalent to road construction equipment—for requiring hearing protection may be too high, according to Dr. Stefan Willich, the lead author on the study. “We should definitely be looking at something lower. The exact value is unclear, but somewhere between 65 and 75 decibels. It is particularly important to focus on people with known cardiovascular disease to improve prevention for them, either by not exposing them chronically to heavy noise or by lowering the threshold for protective wear.”

The data analysis also highlighted a difference between men and women that researchers agreed requires further examination. General environmental noise exposure—in the study, traffic noise—affected both sexes but increased the risk of heart attack in men by 50 percent while increasing the risk for women by 300 percent. In contrast, workplace noise increased the risk for men by a third, but did not affect women’s risk.

As most laborers work in loud environments, the study’s results suggest that preserving hearing may be only one reason to wear hearing protection. Preventing stress, cardiovascular disease and heart attacks may be another.

Reprinted from *Life Lines*, a publication of Laborers’ Health & Safety Fund of North America.

News From Our Members

Advanced GeoServices has recently expanded its Environmental Health & Safety (EHS) Compliance Performance practice with the hiring of *Neal S. Lebo*. "Neal's 20+ years of manufacturing experience provide a unique opportunity for our clients to address EHS issues from both corporate and facility management perspectives, and most importantly, integrate both areas to avoid duplication, provide efficiencies, promote better communications, and look for potential savings," said William Howard, Vice President of Business Development at Advanced GeoServices. Advanced GeoServices is a multi disciplinary civil engineering firm specializing in site design, land planning, landscape architecture, surveying, geotechnical investigations, environmental investigations and remedial designs. Please visit www.advancedgeoservices.com for more information about Advanced GeoServices and how an EHS Compliance Performance program could benefit your company.

O'Donnell, Naccarato & MacIntosh, a structural engineering firm with offices in Wilmington, DE and Exton, PA, announces the addition of *Trisha A. McLaughlin* as Director of Human Resources, and *Ryan M. Hanlon* and *Baker W. Tee* as project designers. Trisha holds a Bachelor of Arts Degree in Human Resource Management with a concentration in Training and Development, and is currently pursuing her Master's Degree in Human Resource Management at Wilmington College. She is a member of the Society for Human Resource Management and volunteers locally with Habitat for Humanity, Big Brothers/Big Sisters, and the American Cancer Society.

Ryan holds a Bachelor of Science Degree in Civil Engineering from Villanova University. He is a member of the American Society of Civil Engineers and DCA's Young Executives Committee. He volunteers in the community with Special Olympics.

Baker holds Bachelor of Science and Master of Science Degrees in Civil Engineering with a concentration in Structural Design from the University of Illinois. He is an associate member of the American Society of Civil Engineers.



FISHING TRIP

2:15 p.m. - Thursday, September 14, 2006

JP's on the Wharf, Bowers Beach

CACC LUNCHEON

11:30 a.m.—Friday, September 15, 2006

Wilmington Country Club

CONTRACTORS FAIR/ OPERATORS RODEO

4:00 p.m. - Wed., September 20, 2006

Blue Diamond Park

FALL GOLF OUTING

11:00 A.M. - Monday, October 2, 2006

Delaware National Country Club

DCA'S ANNUAL MEETING

Wednesday, Oct. 25, 2006

Featuring: Dick Vermeil

BUILDING CONSTRUCTION NEWS

September 12 – 2:00 p.m. – OMB/DFM Contract No. FH11 3725 – Stockley Medical Center – New Skilled Nursing Facility – Georgetown, DE. Mandatory Pre-Bid Mtg., August 16 – 10:00 a.m.

HEAVY, HIGHWAY & SITEWORK CONSTRUCTION NEWS

September 12 – 2:00 p.m. – Contract 25-071-06 – BR 1-361 on SR72 over Muddy Run – New Castle County.

September 12 – 2:00 p.m. – Contract 26-027-01 – ADA Curb Ramps – Central, 2006 – Kent County.

September 19 – 2:00 p.m. – Contract 27-570-01 – Entrance Pipe Installation , South 2007 – Sussex County.

September 26 – 2:00 p.m. – Contract No. 2006-09/Project No. 290625 – Rehabilitation of Stormwater Management Ponds: Penn Manor, Barley Mill and Mendenhall Village Subdivisions – New Castle County. Pre-Bid Mtg., September 13 – 9:00 a.m.

October 3 – 2:00 p.m. – Contract No. 2006-14/Project No. 290625 – Rehabilitation of Stormwater Management Ponds: Augustine Ridge, Coopers Run, River Ridge – New Castle County. Pre-bid Mtg., September 18 – 9:30 a.m.

October 3 – 2:00 p.m. – Contract No. 2006OP-004/Project No. 220511 – Kemble Court Sanitary Sewer Upgrade – New Castle County. Pre-Bid Mtg., September 12 – 11:00 a.m.

October 10 – 2:00 p.m. – Contract 26-800-01C – Backhoe Loader Four (4) Wheel Drive – Statewide.

October 31 – 2:00 p.m. – Contract No. 2006-06/Project No. 220218 – SP-24 CIPPL Lateral Rehabilitation – New Castle County.